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ABSTRACT

This high-interest, low-vocabulary book was created for a literacy education program for adults. The book contains ideas about self-esteem and practice in thinking about and writing the personal information that may be necessary to relate to others in work and social settings. Practice lessons include writing about colors and learning to measure. (KC)

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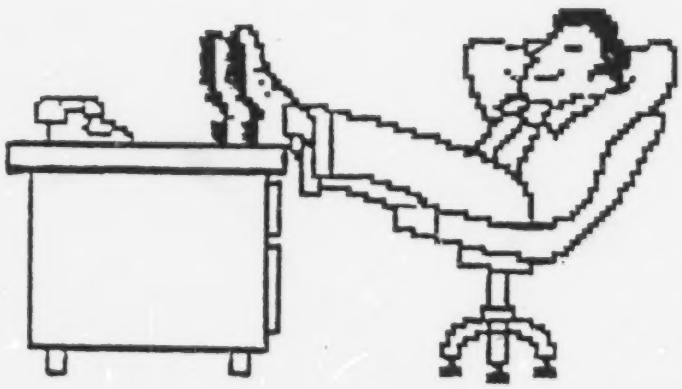
I AM IMPORTANT!



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Andrea Newell
and the
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I AM IMPORTANT!

I am a very important person.

Why I am important?

Because no one is just like me.

I am the only person who is just like me.

Some people are taller than I am.

Some people are younger than I am.

Some people are older than I am.

But no one is just like me.

And no one is just like you!

So you are important, too.

Who are you?

Because no one is just like you, you are important.

How tall are you?

I am _____ centimetres tall.

I am _____ feet and _____ inches tall.

How big are you?

I am _____ kilograms.

I am _____ pounds.

What colour is your hair? Is it long or short?
Is it straight or curly?

My hair is _____

_____ and

_____.

What colour are your eyes? Do you have glasses?

My eyes are _____. I _____ have glasses.
(do/do not)

How old are you?

I am _____ years old.

My birthday is _____.

Who lives with you?

I live with _____.

Where do you live?

I live at _____.

Where do you work?

I work at _____.

What do you do at work?

At work I _____.

What do you do at home?

At home I _____.

What do you like to do?

I like to _____.

What don't you like to do?

I don't like to _____.

You can do things no one else can do.

You feel like no one else.

You think like no one else.

What you do is like no one else.

You are important.

I want to learn about you.

HOW DO YOU FEEL?

When do you feel happy?

I feel happy when _____.

When do you feel sad?

I feel sad when _____.

When do you feel mad?

I feel mad when _____.

When do you feel proud?

I feel proud when _____.

When do you feel loving?

I feel loving when _____.

When do you feel hurt?

I feel hurt when _____.

When do you feel worried?

I feel worried when _____.

What else do you feel?

I feel _____ when _____.

That tells me **some** about you.

I want to learn **more** about you.

WHAT DO YOU THINK?

What do you think about your work?

I think _____.

What do you think about your family?

I think _____.

What do you think about your friends?

I think _____.

What do you think about reading?

I think _____.

What do you think about your future?

I think _____.

What do you think about your past?

I think _____.

What do you think about God?

I think _____.

What do you think about most often?

I think _____.

That tells me **much** about you.

I want to learn **more** about you.

End these sentences with your feelings and thoughts:

I want _____.

I wish _____.

I hope _____.

I can _____.

I will _____.

Wow! No one is like you.

You **are** important.

There is only one of you.

Tell me **more** about you.

WHAT DO YOU DO?

End these sentences with what you do:

When I am happy I _____.

When I am sad I _____.

When I am mad I _____.

When I am proud I _____.

When I am loving I _____.

When I am hurt I _____.

When I am worried I _____

_____.

When I am alone I like to _____

_____.

When I go shopping I like to _____

_____.

When I am at work I like to _____

_____.

When I am having fun I like to _____

_____.

Each day you change.

Your body might change.

Your thinking might change.

Your feelings might change.

All of us change a bit each day.

What would you like to change?

I would like to change _____.

Thank you.

Now I know more about you.

Your thoughts are important.

Your feelings are important.

What you do is important.

You are important.

Notes to tutor:

All of us need to understand ourselves - that is our self-concept.

All of us need to feel good about ourselves - that is our self-esteem.

This chapter is written to help you and the student learn about each other. With the student, record his/her answers in the book. Use the student's words and the exercises as some of your first lessons.

****

SOME	MORE	MOST
SOME	LESS	LEAST

We like to compare everything!

We use words to help tell us about objects.

When we have **some** we use the root word.

When we have **more** or **less**, we add "er" to the root word.

When we have **most** or **least**, we add "est" to the root word.

Some	**Less:** **More: "+ er"**	**Least:** **Most: "+ est"**
tall	**taller**	**tallest**
short	**shorter**	_____
old	_____	**oldest**
young	**younger**	_____
big	_____	**biggest**
small	**smaller**	_____
long	_____	_____
fast	_____	_____
slow	_____	_____

All objects have colours.

What is your favourite colour?

My favourite colour is _____.

Match the object to its colour:

oranges	white
sky	yellow
grass	blue
snow	red
grapes	green
mud	orange
cherries	purple
tar	brown
lemons	black

Eyes are in many colours:

blue	grey
brown	hazel
green	

What colour are your eyes?

My eyes are: _____.

Hair is in many colours:

red	black
blond	grey
brown	white

What colour is your hair?

My hair is: _____.

We like to measure everything.

We measure how tall objects are.

We measure how big objects are.

Here are some words about measures:

This is a centimetre. ____

This is an inch. _____

This ruler is 1 foot long.

It is also _____ centimetres long.

Use the ruler to measure this book:

This book is _____ centimetres wide.

or _____ inches.

This book is _____ centimetres long.

or _____ inches.

Measure other objects in the room:

OBJECT	**MEASURED**
1.	
2.	
3.	
4.	
5.	

A yard is 3 feet. A metre is 1000 centimetres. A metre is 3 inches longer than a yard. A mile is 5280 feet. A kilometre is 1000 metres. A mile is _____ kilometres.

*** Needed for this exercise:** 1. measuring spoons

2. measuring cup

This is a teaspoon. It is 5 millilitres.

This is a tablespoon. It is 15 millilitres.

This is a cup. It is _____ millilitres.

Many objects are measured in litres. A litre is almost 4 cups. A litre is 1000 millilitres. We get milk in 1 litre boxes. We get gas, for our cars, in litres.

*** Needed for this exercise:** measured object such as 1 tub of yogurt

This is _____ grams. Just one gram is very small.

1000 grams are in a kilogram.

A kilogram is a bit more than 2 pounds.

What do you measure?

_____

_____

Many forms want to know about you. You use the same words each time. **Try this form:**

Name: _____

Address: _____ _____
street city

_____
postal code

Telephone: _____

Date of Birth: _____

Numbers are important.

With numbers we can measure anything.

What are your numbers?

My age is _____ years.

I am _____ centimetres tall.

I am _____ kilograms.

My Health card number is: _____.

My Social Insurance number is: _____.

My telephone number is: _____.

The Emergency telephone number is: _____.

My work telephone number is: _____.

My doctor's name is: _____.

His/her telephone number is: _____.

Other numbers: my lottery numbers

my friend's telephone number

my next of kin's telephone number

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